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Halifax gymnast Ellie Black makes Canadian history with Olympic finish Coverage, metroNEWS & metroSPORTS

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Your essential daily news

Huffington Post co-founder Arianna Huffington departs company to head health startup

Snapping photos of local breed

Blogger known as The Dogist visits Nova Scotia



Rebecca Dingwell For Metro | Halifax

Elias Weiss Friedman says he falls in love five times a week. Not with people, but with dogs.

"Dogs are incredibly expressive subjects," the photographer said Thursday. "They communicate their emotions very candidly on their face."

Friedman — known as The Dogist on social media — just returned to New York after a week-long visit to Nova Scotia.

Friedman started his "photodocumentary series about the beauty of dogs" about three years ago. These days, Friedman has a book under his belt and has snapped pics of poochdozens of cities around the world.

"They're not bashful of the camera (like people)," said Friedman. "They might be scared of the camera, but that's for a different reason - not because they're vain."

Friedman is currently working on his second book, which will focus on puppies. A big part of his reason for visiting the province is his love for the Nova Scotia Duck Tolling Retriever.

"They just have a different attitude. The way they dance around you is different," said Friedman, comparing them to other retrievers.

> Occasionally, he'll see a Toller in New York and ask to take its picture. Owners are often surprised Friedman is familiar with the breed.

> "I don't think that many people fully understand what they're used for and where they originated from," said Friedman. "That was sort of a curiosity that I had that was sort of generated from the dogs that I see in New York."

During his trip, Friedman stopped by some of the local ken-

Alfie, a Labrador Retriever mix **ELIAS WEISS** FRIEDMAN/



Chloe, a Nova Scotia Duck Tolling Retriever from Salty Dog Kennels in Ardoise. ELIAS WEISS FRIEDMAN/THE DOGIST

nels to photograph Tollers, but also took photos around Halifax, the South Shore and elsewhere.

"Halifax is a very lively city and there's a lot of awesome young people," he said, adding that he met some fans at the Stillwell Beer Garden.

Having grown up around Cape Cod, Friedman appreciated that the area was reminiscent of the

"North-east lifestyle."

"The dogs are awesome, too." Friedman doesn't have a dog of his own, as his frequent travels don't allow for it.

"I have all the dogs, in a way," he said. "It's not the same, but I hang out with a lot of dogs for The Dogist."

Friedman's dream is to have a ranch outside the city, full of be out in Oct. 2017.

dogs from all different walks of life.

"It's a fantasy, but other things I thought were unrealistic have happened. So, maybe."

For now, he's visiting breeders and shelters, "focusing on telling the story of where dogs come from."

His next book is expected to



Dogs are incredibly expressive subjects. They communicate their emotions very candidly.

Elias Weiss Friedman

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THINGS TO DO IN HALIFAX THIS WEEKEND

From trying curry at India Fest to playing in a memorial basketball fundraiser, or building your best sandcastle, there's a lot happening in the Halifax area over the weekend. HALEY RYAN METRO



METRO FILE

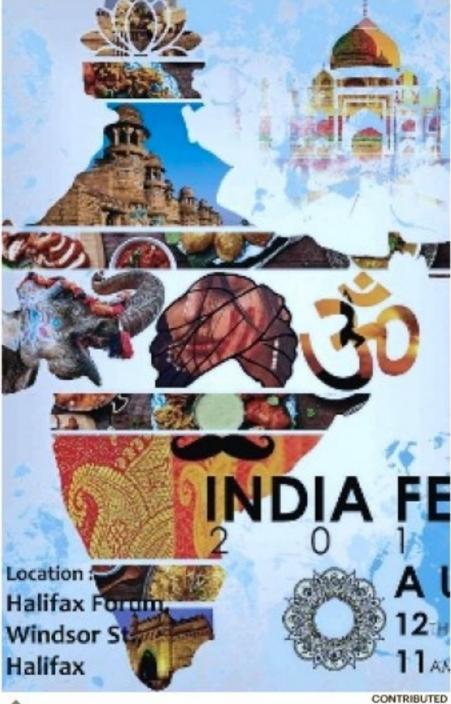
Castles in the sand

Get your shovels ready, because the annual free Clam Harbour Beach Sandcastle Competition happens this Sunday on the Eastern Shore, with thousands expected to check out the creations. The Clam Harbour Beach Provincial Park event runs from 9 a.m. to 7 p.m. Besides the sandy artwork there's also food, music, live mermaids, and the event will proceed rain or shine. Judging begins at 3 p.m. and prizes are awarded at 4:30 p.m.



Memorial basketball

The third annual Alex McLaughlin Memorial Basketball Tournament welcomes everyone Friday to Sunday at the Homburg Centre for Health and Wellness at St. Mary's University. The tournament, held since the 23-year-old athlete's suicide, shares McLaughlin's passion for the game and raises money for SAMHI, the Student Athlete Mental Health Initiative, Games start at 6 p.m. Friday and Saturday, go 9 a.m. to 9 p.m., and from 9 a.m. to 5 p.m. on Sunday. Visit ammbt.ca for details.



India Fest

Join in on three days of celebrating Indian culture from Friday to Sunday at the Multipurpose Room at the Halifax Forum. Experience traditional food, dances including Bollywood, techniques like eyebrow threading, and music while also seeing Indian clothes, jewelry and trying out henna for yourself. Tickets are \$2 at the door and hours run 11 a.m. to 8 p.m. every day of the event.

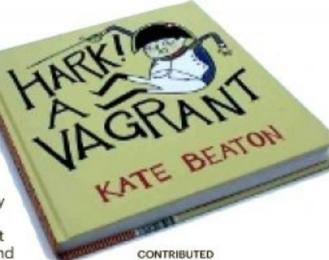


Light up the night

The north end of Halifax will glow extra bright this weekend for the annual Northern Lights Lantern Festival on Saturday from 5 to 10 p.m. at Merv Sullivan Park (The Pit) off Novalea Drive. DJs and live bands will perform, and after making their lanterns, everyone gathers to parade them at dusk. There's also free pony rides, food vendors, Pokémon Go lures set up on site, bouncy castles, face painting, BBQ and a fireworks finale.

Comic fest

Fans of comic books and cartooning will be flocking to the annual free all-ages Dartmouth Comic Arts Festival (DCAF) on Sunday at Alderney Landing, from 11 a.m. to 5 p.m. Meet dozens of artists and



vendors as they display and sell their work at the event, including Nova Scotia's own Kate Beaton, who has had her popular web comic Hark! A Vagrant collected into two books, as well as a kids book The Princess & the Pony. Local coffee, clothes and toy vendors will also be on hand.



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Your VIC lists the times and places for voting and confirms that you are on the List of Electors. The mailing envelope is bright yellow. Bring your card and identification with you when you vote. The voting process will be faster.

If you are eligible to vote and do not receive your VIC by August 18, 2016, or, if you wish to correct information on the VIC you receive, please contact your returning office. The **returning office for Halifax Needham** is located at 2700 Robie Street, Halifax. Call, 902-484-3484.

You can still be added to the List of Electors if you are:

- 18 years of age or older on August 30, 2016
- A Canadian citizen
- A resident of Nova Scotia since February 2, 2016
- · A resident of Halifax Needham

Contact your returning office to find out how to be added to the List and to locate the polling station at which you vote or, use the "Where do I vote" facility at electionsnovascotia.ca.

For information contact Elections Nova Scotia

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Richard Temporale

Chief Electoral Officer



Halifax metr@NEWS

'We need rain'

NATURAL RESOURCES

10 wildfires burning across the province, minister warns

Firefighters were gaining ground on a large wildfire near Nova Scotia's Kejimkujik National Park Thursday, although the province's natural resources minister says dry conditions remain a problem.

"We need rain," Lloyd Hines told reporters Thursday. "We are hopeful that we'll get some this weekend."

Hines said a total of 10 wildfires were burning in areas across the province, and the largest at Seven Mile Lake in Annapolis County was near a critical point, despite clear progress in suppressing the blaze.

The Natural Resources Department said the fire was about 40 per cent contained and was burning through upwards of 400 hectares of forest.

Hines said the size was approaching that of a major fire in 2009 that destroyed 10 buildings in the Halifax suburb of Spryfield.

"This one is not threatening any structures, but it's burning through resources at a tremendous rate," he said. "The danger there is that we will get a significant outbreak in some other part of the province and it will spread our resources thinner."

The department said the weather was more favourable Thursday for fire-fighting, with a 60 per cent chance of showers and a risk of thunder showers forecasted.

Hines said the efforts of volunteer firefighters and about 100 trained department staff were being bolstered by help from outside Nova Scotia.

He said two water bombers from Quebec, one from Newfoundland and Labrador and three from neighbouring New



Chief pilot Ian Moore and Ian Gunn, operations section chief, survey the fire at Seven Mile Lake, Annapolis Co.

400

The Seven Mile Lake blaze is

burning through upwards of 400

according to the

Department.

hectares of forest,

Natural Resources

COMMUNICATIONS NOVA SCOTIA

Brunswick are being utilized. Twenty firefighters from New Brunswick are also on the fire lines.

"There's a system in place," said Hines. "It's the same system that sent our firefighters to the Fort McMurray fire."

The minister said none of the fires were threatening populated

Smoke from the Seven Mile Lake fire has been moving across the province, reaching the Halifax area and affecting air quality in Annapolis, Kings, Lunenburg and Queens counties.

Natural Resources said an 8.3 hectare wildfire at Ten Mile Lake was being held and was 15 per cent

contained, although it continued to be very challenging.

Meanwhile, small fires in Round Hill and Coldbrook and three in the Morganville area were either contained or extinlew guished. The province said blazes in Clyde River, Perch Lake, West Dalhousie, Maitland Bridge, and Collingwood were also contained.

The government said the Trunk 8 highway remained closed because of water bombing activity and restrictions also remained on activities within forests such as hiking, camping

and fishing in a bid to keep more bone-dry woods from going up in flames.

Hines said each year the province has as many as 300 wildfires, although many go unreported.

He said it was too early to say what caused the current fires, par-

ticularly the largest blaze near the national park.

"Really we're not focused on that. That's an important issue but it's one we can deal with after we get this particular fire under control." THE CANADIAN PRESS

PARKS CANADA

Feds planning \$49M Cabot Trail upgrade

The federal government is planning upgrades to the Cabot Trail.

Close to \$49 million will be spent to replace bridges and culverts and make other repairs along the scenic Nova Scotia highway, Environment Minister Catherine McKenna said Wednesday.

A third of the route runs through Cape Breton Highlands National Park, visited by about 175,000 people a year.



Cabot Trail CANADIAN PRESS

The funding makes up
the bulk of
\$66 million
McKenna announced for
projects at
Parks Canada sites on
Cape Breton
Island.

Trails, campgrounds and visitor facilities in the park will also be improved, said McKenna. THE CANADIAN PRESS



Boy allegedly chased down street by man in scooter

Nova Scotia police are asking for the public's help in identifying a man who allegedly got out of his van, got on his scooter, and chased a seven-year-old boy down the street Wednesday afternoon in Middleton.

The boy was walking along Gates Avenue at about 12:45 p.m. when the "suspicious incident" occurred, Annapolis District RCMP said in a news release issued Thursday. METRO



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SMALL BUSINESS

Dartmouth based company wants T-shirts made locally



Zane Woodford Metro Halifax

Wouldn't it be cool to buy a T-shirt from a Nova Scotian company that's actually made in Nova Scotia?

That's been the goal of brothers Kevin and Scott Saccary since they started New Scotland Clothing Co. in late 2014. And a of couple weeks ago, they started selling T-

shirts bearing their New Scotland logo, that were made right here in New Scotland.

To be able to have a New Scotland shirt that's made in Nova Scotia is pretty cool, rather than a New Scotland shirt that's made in China," Scott said standing in the pair's downtown Dartmouth location on Thursday.

As competitive curlers who've represented Nova Scotia nationally, the brothers' plan, originally, was to make curling apparel. That is, until Kevin and Scott showed off their logo design to their friends who told them, "Hey, I'd wear that."

They started selling imported T-shirts bearing that logo at the Alderney Landing Farmers' Market a few months later.

Now, the company has grown to six employees and three locations - one on Wentworth Street in Dartmouth, one on the Halifax waterfront, and one at the Halifax airport - all three of which were opened in the run of about a month.

"We went from a Rubbermaid container down at the market to three shops," Scott

For almost a year, New Scotland shirts have been made in Canada in a factory in Quebec, but the brothers wanted to bring their production closer to home.

A few months ago, they started a partnership with Stanfield's, the company known for its underwear that's been making clothes in Truro since the 1800s. The company is now making Tshirts for New Scotland ---"cut, spun, dyed -everything



Kevin and Scott Saccary, co-owners of New Scotland Clothing Co., pose for a photo wearing their new Nova Scotia-made t-shirts at their Dartmouth store on Thursday. JEFF HARPER/METRO

They're still selling through some old imported inventory, and looking for a way to make quality sweat-

shirts locally, but the goal is to have everything they sell made locally.

"We want to support the

local economy as well as have a Canadian made product, and even better, Nova Scotian made product," Kevin said.

rather than a New Scotland shirt that's made in China. Scott Saccary in Truro."

A New Scotland shirt that's made

in Nova Scotia is pretty cool,

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someone you can

look up to.

Crowd cheers for Ellie Black

Haligonian gymnast finishes fifth in all-round



Haley Metro | Halifax

As standings flashed up on the screen, the crowd of more than 200 people began murmuring and pointing out Ellie Black's name.

"Oh, she's sixth!" friends and families called to one another as the camera panned to 20-year-old Black, pacing along the side of the mats in a black and silver sparkly

A large crowd gathered in the Halifax Central Library's Paul O'Regan Hall on Thursday afternoon starting around 4 p.m. until the event finished at 6:30 p.m. to see the local athlete compete in the allround individual women's gymnastics event, made up



Katina MacDonald, age 7, Aliyah Bloom, 9, and Eliana MacDonald, 11, watch Halifax gymnast Ellie Black compete at Rio 2016 from the Canada Room at Halifax Central Library on Thursday. JEFF HARPER/METRO

of beam, floor, uneven bars. and vault.

Throughout the event, Black climbed the ranks from 8th to 7th and then 6th, put-

ting her in an excitingly close distance to 5th, where she would eventually finish.

People of all ages came out, many dressed in red and

white, waving Canadian and Nova Scotia flags between clapping and cheers of "C'mon Ellie!" as she backflipped on the narrow beam or stuck a

great landing.

Watching with her family, including two-year-old son Tristan who Black had crawled around with at the Halifax Alta Gymnastics Club, coach Melanie Wallwork said watching the Olympics in a crowd made it "feel more real."

What makes Black special is her determination and hard work, Wallwork said, since she's not the most physically talented and flexibility was not her thing but "she's come a long way."

Many young Madeleine Saulnier-Gallant advance in the gymnasts at Halifax Alta wrapped

up practice early so they could come cheer Black on, including Talia Slaunwhite Gallant, 12. Madeleine Saulnier-Gallant, 15, and Gabriel Saulnier-Gallant, 11.

All three said it was really exciting to watch Black on the big screens after practising alongside her.

"It just makes me feel like I could do that too," Madeleine said.

Slaunwhite Gallant said it was fun getting to watch Black in a big crowd with some gymnast buddies - because "sometimes our parents don't really understand everything."

"They're like 'Wait, what did she do? Was that hard?' And it's like 'Are you serious? That's like impossible!' ' Slaunwhite-Gallant said, waving her arms in the air.

Although Black didn't team finals or other individual

events, her Thursday performance was amazingly solid -and historic. Black finished fifth, the highest ever for a Canadian in the event.

"You can see sometimes see she struggles and stuff but she never gives up, which teaches you that you shouldn't either," Madeleine said.





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Deborah vandeRijt, 61, and her daughter Jennifer, 38, are new swimmers - and participants in the Big Swim. CONTRIBUTED

Pair swim in courage

NORTHUMBERLAND STRAIT

Daughter and mom overcome their fears to swim for cause



This past March, Deborah vandeRijt and her daughter Jennifer couldn't swim enough laps in the Cole Harbour Place pool to equal a half kilometre.

This weekend, the pair will be among 62 swimmers making a more-than 14-kilometre journey across the Northumberland Strait for charity.

As participants in the Aug. 14 Big Swim event, Jennifer and Deborah will enter the water at Cape Jourimain, N.B. and arrive in Borden-Carleton, P.E.I. several hours later.

They've overcome a few hurdles to get there. Deborah, 61, questioned herself many times in the beginning because she hadn't been active in the water for years.

For Jennifer, the biggest hurdle was and remains the ocean.

"The sea life and the fish. I am terrified of the ocean ... Every time I get in the water they (sea creatures) come to me for some reason," said Jennifer.

After encountering a six to eight-foot-long eel and a flounder during training, Jennifer was terrified to hear about recent shark sightings in Liverpool, N.B., and St. Margarets Bay.

"I had a moment last Friday of, 'I'm not going to be able to do this," she recalled."I actually went to the pool one day because I knew there were no fish, no eels, no sharks. That's my only really big hurdle."

The pair decided to take the plunge after being inspired by one of Deborah's colleagues. They've now inspired each other and Jennifer's boys, 11 and six.

"Obviously you look at it and think that's impossible but hey, we're doing it," Jennifer said. "If the kids see that something looks impossible, but then they see ordinary people like mom and nanny doing it together, then hopefully it'll inspire them to have big goals."

Funds raised this year go to Brigadoon Village, a non-profit recreational facility in the Annapolis Valley. It offers camp programming to Atlantic Canadian children, youth and families living with a chronic illness, condition or special need.

Jennifer has raised almost \$2,000 and Deborah \$1,400.

"I was actually contacted (Wednesday) night by a mother of two children that go to Camp Brigadoon simply thanking me for being a swimmer and that was pretty powerful," Deborah said.



To support a swimmer, donations can be made until Sept. 1 at bigswim2016.kintera.org.

Review of ex-mayor Peter Kelly begins

The Alberta Department of Municipal Affairs has begun the process of a review that will look at whether former CAO Peter Kelly violated the Municipal Government Act.

Westlock News reported on Tuesday that Westlock County, where Kelly served as chief administrative officer until earlier this year, has cleared its first hurdle on its way to getting a full inspection by the provincial government.

The provincial department

will send representatives to conduct a preliminary review. The results will be presented to the minister who will then determine whether a full-scale review is warranted.

According to Westlock News, Kelly left his job in the Alberta town with an outstanding \$200,000 bill when he moved to P.E.I. earlier this year to take the CAO's job in Charlottetown.

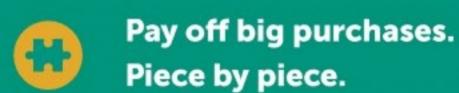
The matter involves the cost to develop an eight-acre industrial park lot for a developer known as Horizon North. The newspaper reported that an auditor says the county would never recoup the \$395,000 it spent to prepare the land and, based on market trends, the county stands to lose more than \$200,000 on the deal due to cost overruns.

Westlock News has reported that Kelly never brought the expenditure to council for approval, breaching the Municipal Government Act, an accusation Kelly denied in an interview with The Guardian.

Kelly said he was, in fact, directed by council on the matter. Bud Massey, the reeve of Westlock County (equivalent of mayor), supports Kelly's version of events although Massey has since resigned his position.

On Thursday, Kelly told The Guardian he looks forward to the review and also to being contacted as part of the review. THE CHARLOTTETOWN GUARDIAN

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Kevin Vickers' son hero just like dad

MIRAMICHI, N.B.

Const. Andrew Vickers helps save a second woman's life

The son of Parliament Hill shooting hero Kevin Vickers is being commended for his part in saving a woman's life

Const. Andrew Vickers of Miramichi, N.B., police responded Tuesday morning to the city's Centennial Bridge, where a 19-year-old woman had climbed onto the outside girder and appeared to be get-

ting ready to jump. Deputy police chief Brian Cummings said on Thursday the woman was "about 15 feet above the roadway on one of the steel girders of the bridge hanging out over the water," which was perhaps about 100 feet below.

When Vickers arrived, he climbed out after her, Sgt. Dana Hicks said.

"Vickers got out onto the girder with the young lady to prevent her from falling or jumping off, at considerable risk to himself," Hicks said in a release.

A passing motorist saw what was happening, stopped his vehicle and climbed out to secure Vickers' ankles until Const. Bradley Gallant arrived, Hicks said.

"The second officer was a trained hostage negotiator, just as it happened, and he was able to engage in conversation with the female, and after about 10 minutes, I'm sure what seemed like an eternity, they were able to talk her back in," said Cum-



FIREARMS

Guns seized from former P.E.I. Mountie's home

A former RCMP constable has been charged with 12 weapons offences after more than 70 firearms were seized from his Prince Edward Island home. Forty-three-yearold Jeffrey Rae Gillis is scheduled for an appearance in provincial court in Charlottetown on Monday. The Nova Scotia Serious Incident Response Team says it started investigating in February after police discovered firearms at Gillis's home. THE CANADIAN PRESS



Const. Andrew Vickers, right, the son of Parliament Hill shooting hero Kevin Vickers, with New Brunswick Lt.-Gov. Graydon Nicholas in this 2012 photo, CONTRIBUTED/HARRY MULLIN-ST. JOHN AMBULANCE SAINT-JEAN/THE CANADIAN PRESS

"My understanding is she's getting some treatment and that's a good thing."

Kevin Vickers, who famously shot gunman Michael Zehaf-Bibeau in 2014 while Parliament's sergeant-at-arms, commended his son on Twitter, saying that he was doing "God's work," and that he was proud of him. The a car crash. elder Vickers is now Canada's

ambassador to Ireland.

Cummings said the officers told him "it's just another day on the job." In fact, it wasn't the first time Andrew Vickers helped save a woman's life.

Vickers jumped into the frigid Miramichi river in October 2011 to rescue a woman after

MUNICIPALITIES

Councils could get a code of conduct

The Nova Scotia government is considering a uniform code of conduct for municipal councils across the province.

Municipal Affairs Minister Zach Churchill said Thursday the move is in direct response to an incident involving an Amherst town councillor who admitted uttering a racial slur to staff at a local pizza shop.

Churchill says while some councils do have codes of conduct, they are not mandated through the Municipal Government Act.

He says it's something the government is now contemplating as it reviews the act.

Churchill says a possible model is the current code of conduct for members of the provincial legislature.

Amherst council discussed the issue involving Coun. George Baker at an emergency meeting on Monday and determined that it didn't have the authority to deal with allegations of misconduct by council members.

THE CANADIAN PRESS

By-election **Halifax Needham**



Advance Poll

Electors in the Electoral District of Halifax Needham who choose to vote before election day, August 30, 2016, may do so at an advance poll.

Dates	Times				
Saturday, August 20, 2016	9 am to 6 pm				
Monday, August 22, 2016	9 am to 6 pm				
Tuesday, August 23, 2016	9 am to 6 pm				
Wednesday, August 24, 2016	9 am to 6 pm				
Thursday, August 25, 2016	9 am to 8 pm				
Friday, August 26, 2016	9 am to 8 pm				
Saturday, August 27, 2016	9 am to 6 pm				

Locations

Acadia Square Lodge North, 3450 Devonshire St., Halifax Mi'kmaw Friendship Centre, 2158 Gottingen St., Halifax

If you have not received your Voter Information Card (VIC) at your home by August 18, 2016, contact your returning officer at 902-484-3484.

You can still be added to the list of electors at the polls and vote. You must be:

- 18 years of age or older on August 30, 2016
- A Canadian citizen
- A resident of Nova Scotia since February 2, 2016
- A resident of Halifax Needham

Bring your VIC and identification with you. It will be faster.

2700 Robie Street, Halifax Returning Office Location:



Advance polls are held in premises accessible to those with a physical disability.

Voters requiring special assistance

Voters who require special assistance to vote and who unable to go to their polling station may vote by write-in ballot. These voters may appoint an agent to receive and return their write-in ballot on their behalf or request that a write-in ballot coordinating team deliver the ballot kit to them. A write-in ballot is a blank ballot on which you write in the name of the candidate for whom you are voting, or choose the party you wish to support. Write-in ballots are available from your local returning office. If you are not on the voters list and would like to vote by write-in ballot, you can be added to the list using the same application you complete to request a write-in ballot.

For information contact Elections Nova Scotia

Phone902-424-8584	Toll-free	1-800-565-1504
TTY902-424-7475	TTY Toll-free	1-866-774-7074
electionsnovascotia.ca		

Richard Temporale

Chief Electoral Officer



TERRORISM

Questions remain over peace bond, intelligence

An intense nationwide "race against the clock" after a tip from the FBI about a would-be terrorist led the RCMP to fatally confront Aaron Driver on a quiet street in Strathroy, Ont.

When it was all over, the terror suspect had detonated an explosive he was carrying, wounding a cab driver before being shot by a police sharpshooter. His target is still unknown.

Senior RCMP brass told the chilling tale Thursday at an Ottawa news conference. But so many questions remain.

Was this a successful security operation hailed by Prime Minister Justin Trudeau that, as RCMP deputy commissioner

Mike Cabana said, prevented the loss of many more lives?

Or was it a failure of court orders and of Canadian security agencies who had to rely on the Americans for intelligence?

One of the dominant questions: how did a man under a restrictive court order obtain bomb-making materials and communicate a threatening video?

The FBI "came into possession" of a twominute video by a masked, unknown assailant. said Cabana. The Americans transmitted the video and a photo to

the Canadians around 8:30 a.m. Wednesday.

"Oh Canada, you received many warnings," said the balaclava-clad figure in the video. "You were told many times what will become of those who fight against the Islamic State.... You saw bodies of the filthy French laying in their own streets."

The RCMP's analysts and CSIS scanned massive amounts of data against the video and the whereabouts of terror sympathizers on Canadian watch lists. By 11 a.m. the RCMP-led integrated security team thought it had a match: Aaron Daniel Driver.

Driver was already under a

We thirst for

your blood.

Aaron Driver, in a video

Mounties received from FBI

judge-ordered peace bond with strict conditions meant to limit his movements, travel and communications.

Amarnath Amarasingam, a prominent re-

searcher on Islamic extremists in Canada, speculated that it's possible the peace bond, in cutting him off from his new-found online community of like-minded extremists, actually served to further alienate and destabilize him. TORSTAR NEWS SERVICE



Terrorism suspect Aaron Driver was killed in a confrontation with police in Strathroy, Ont.

By-election **Halifax Needham**



There are a dozen ways to vote.

You can vote in person every day except Sundays throughout the election period, and you can vote by write-in ballot by appointment at your place of residence.

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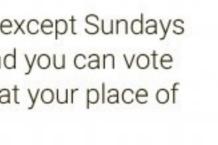
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Richard Temporale

Chief Electoral Officer



Timeline of a thwarted plot

A timeline in the case of Aaron Driver, suspected of planning terrorist activities who was killed in a confrontation with RCMP:

Feb. 2: Driver's lawyer and the Crown agree to a peace bond. The bond acknowledges there are "reasonable grounds to fear that he may participate, contribute directly or indirectly in the activity of a terrorist group." Driver takes up residence in Strathroy.

2 8:30 a.m., Wednesday: RCMP receive a tip from the FBI. which found a martyrdom video made by someone "clearly in the final stages of planning an attack using homemade explosive devices." The attack was supposed to take place imminently, targeting an urban centre during rush hour. RCMP identify Driver as the suspect several hours later.

34 p.m., Wednesday: RCMP say Driver is seen getting into a cab at a home in Strathroy. Police swarmed the vehicle. They say Driver detonates a device in the cab. Driver dies during the altercation. THE CANADIAN PRESS

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COURTESY SHAUNETTE SIMON

Heels spark transit complaint

Ottawa's public transportation system, OC Transpo, is looking into its second dress code complaint in a week, after a customer was called out for wearing high heels Thursday morning.

Shaunette Simon said she had to bus because it was hidden behind a long queue of buses. It was pulling out to leave before reaching the actual stop, Simon said.

The driver did let her on, but according to Simon the driver rolled his eyes, "looked me up

and down," and said, "'if you weren't wearing high heels, you'd be able to run for the bus."

Simon was "taken aback" and embarrassed in front of her fellow passengers.

"I was like, 'Where do you get off telling me what is appropriate attire for me to be going to work in?" Simon said. "I wear heels every day. Why am I running for the bus other than you're not at the stop?"

She filed a formal complaint, which OC Transpo's assistant

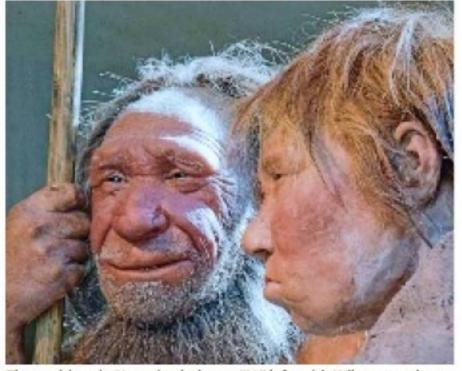
FAMILY \$1,000 can make the difference between

general manager Troy Charter said staff will investigate.

It's the second time this week drivers in the city have been caught commenting on customers' clothing.

An 18-year-old was kicked off an Ottawa bus last Sunday after the driver said her crop top and jogging pants were "vulgar."

OC Transpo doesn't have a customer dress code - nor should it, transportation manager John Manconi stressed earlier this week. EMMA JACKSON/ FOR METRO



The prehistoric Neanderthal man "N," left, with Wilma, another reconstruction of a homo neanderthalensis, at the Neanderthal museum in Germany, MARTIN MEISSNER/THE ASSOCIATED PRESS

Fashion to die (out) for

EVOLUTION

Study asks if Neanderthals fell victim to lack of jackets



Did Neanderthals die out because their human competitors were better fashion designers?

A recent study of a database of animal bones found at several sites across Europe shows that Neanderthals probably weren't making close-fitting winter clothing like parkas, and it could be a significant factor in the species' decline.

"Twenty years ago there was a big debate around whether early humans evolved from Neanderthals or whether they were people who migrated to Europe from Africa," said Mark

Collard, an archaeology professor at Simon Fraser University who led the study.

"There is a consensus now that there was a wave of migration of humans out of Africa, through the Middle East and into Europe."

Archaeologists are now trying to figure out which differences between humans and Neanderthals led to one species thriving and the other becoming extinct.

The bones Collard and his team analyzed were between 40,000 and 25,000 years old, a period leading up to the last ice age when the climate would have been changing to be colder and drier. The researchers found that there were many more animal bones from wolverines, rabbits and foxes in the human sites compared to Neanderthal sites.

While some of the animals may have been used for food only, the composition of animal bones makes Collard fairly confident that humans were making winter clothing while Neanderthals were not.

Ford's 'crack video' released to public

Three years after sparking a firestorm of controversy, a notorious video featuring Rob Ford smoking crack cocaine was made public on Thursday, a move that angered the late Toronto mayor's family and drew mixed reactions from the public.

The so-called "crack video" was released after the conclusion of a court case involving Ford's friend and driver Alexander (Sandro) Lisi, who faced an extortion charge related to efforts made to retrieve the clip.

Some people called publishing the video "tasteless" and shameful, while others said they respected that media outlets were simply doing their job.

A further few said the video of the controversial politician, who died on March 22, 2016 from cancer at age 46, was simply "sad."

"Rob had a disease like millions of other people have diseases in our country and he went to go get help; he admitted it," Doug Ford told local TV station CP24. THE CANADIAN PRESS



info@customerfirstfinancing.ca.

Trump entertains notion he could lose

U.S. ELECTION

Republican nominee takes a more humble approach

Straying from his trademark bravado, Donald Trump acknowledged Thursday that his presidential campaign is facing challenges and could ultimately fall short — a rare expression of humility by the Republican presidential nominee.

Trump's most explicit concession came as he pleaded for support at a gathering of evangelical ministers, where Trump observed he was "having a tremendous problem in Utah."

The same day, the billionaire celebrity acknowledged that his lack of political correctness could cost him the election if Americans reject his blunt approach.



I meant (Obama is) the founder of ISIS. I do. **Donald Trump**

"We're having a problem," Trump told the ministers, adding that the next president could get to nominate up to five high court justices. "It could cost us the Supreme Court."

After trouncing 16 challengers in the Republican primary, Trump is encountering worrying signs as his campaign moves into the general election. Democrat Hillary Clinton's lead over Trump in national polls has widened in recent days, while a number of fellow Republicans have declared they won't support their own party's presidential nominee.

Trump's self-awareness was a marked departure from his usual tenor on the campaign

On Thursday, Trump cited a poll that actually showed him a few points behind Clinton and arguing the race between them was close. Asked by CNBC how he planned to reverse the advantage that Clinton has, Trump said he simply planned

to do "the same thing I'm doing right now."

"At the end, it's either going to work, or I'm going to, you know, I'm going to have a very, very nice, long vacation," Trump said.

Earlier this week Trump caused a major stir with comments about the Second Amendment that were perceived as advocating violence against Clinton, and found himself facing questions yet again after declaring Wednesday that President Barack Obama was the "founder" of Daesh - a claim that's patently false.

He brushed off conservative radio commentator Hugh Hewitt's attempt to reframe Trump's observation as one that said Obama's foreign policy created the conditions in Iraq and Syria that allowed Daesh to thrive.

"No, I meant he's the founder of ISIS. I do," Trump said, using another acronym for the extremist group. THE ASSOCIATED PRESS

Greenland shark is now oldest vertebrate

In the cold waters of the Arctic, a denizen of the deep lurked for centuries. Now scientists calculate that this female Greenland shark was the Earth's oldest living animal with a backbone.

They estimated that the grey shark, part of the species named after Greenland, was born in the icy waters roughly 400 years ago, and died only recently. That conclusion puts the entire species at the top of the longevity list.

Using a novel dating technique, an international team of biologists and physicists estimated the age of 28 dead female Greenland sharks based on tissue in their eyes. Eight of the sharks were probably 200 years or older



A Greenland shark GETTY IMAGES

and two likely date back more than three centuries, according to a study published Thursday in the journal Science.

Until now, that record holder was a bowhead. THE ASSOCIATED PRESS



IN BRIEF

Airstrikes resume in Ragga

The Russian military sent long-range bombers to strike a series of Daesh targets in Ragga - a fresh round of strikes that activists said killed at least 20 civilians. The strikes came amid Turkish calls for co-operation with Moscow against Daesh. THE ASSOCIATED PRESS

A British national driving a

French police arrest man

with 18 migrants in truck

small truck with 18 migrants inside, five of them children, has been arrested in northern France. Police said that the man they arrested for suspected smuggling was of Iranian origin.

THE ASSOCIATED PRESS

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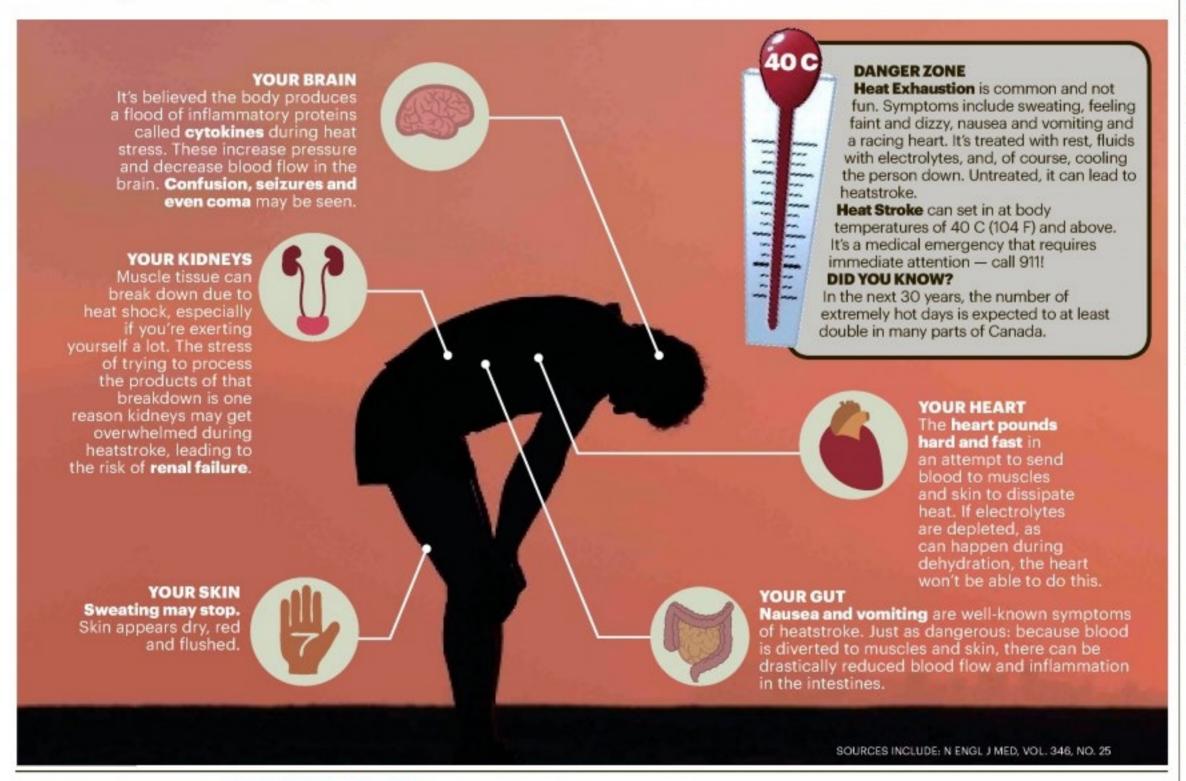
Your essential daily news

Scientists have sequenced the genes of three fungi threatening the global banana crop, in hopes of halting a bananapocalypse.

DECODED by Genna Buck and Andrés Plana

HORRIBLE, HORRIBLE HEATSTROKE

It's hot out there in many parts of Canada. And when the mercury passes 30 and keeps on going, and high humidity prevents sweat from drying, there's a risk the body's system for keeping itself cool will be overwhelmed. The result can be life-threatening hyperthermia (a.k.a. heat stroke), especially among the elderly, unwell and people who for some reason have to be outside. Here's how it works.



CITIZEN SCIENTIST by Genna Buck

How not to be taken in by the tooth fairy

It's been a tiring week for the skeptical and science-minded.

Thanks to swimmer Michael Phelps, everyone is talking about cupping - an alternative medical practice supported by nary a shred of evidence.

Yet there are some published papers that say cupping works. They're pretty much all junk. But even with a trained eye, junk science can be hard to differentiate from the real thing. Nevertheless, I have a few junk-spotting tricks to share. Here's a partial list.

First: Does a claim (i.e. "cup-

ping effectively treats pain") appear in a scientific paper (and not just a quote)? If so, does the publication have a good reputation? Look at its impact factor, the average citations per paper. The higher the factor, the more trusted the journal. Sometimes I search the title or publisher alongside "predatory journal" to rule out scientific mischief.

Second: Look at methods. A paper should never try to prove something works, but rather present evidence showing it works better than a placebo or

standard therapy. Look for the words double-blind randomized control trial.

People studying and trying things like cupping are usually already convinced - intensifying the placebo effect. There's no way to blind a study like this: If you're being cupped, you know it.

Third: Sniff test. Even with good methods, a study can be junk. You can measure whether leaving a tooth under a pillow on a weekday generates more tooth fairy money than a weekend and get good data. But you haven't learned anything about the tooth fairy. The mechanism is not probable. That's at work in many studies of quack remedies.

Fourth: If I'm stumped I phone a friend: a relevant, trusted scientist who was not part of the research. I ask them to walk me through the paper and evaluate it. Look for media articles that do this for you. If you can, make some science friends of your own. There's nothing better.

Science Question? Tweet @genna buck

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Your week in science



GRUESOME GREECE

A dig on Mount Lykaion - the legendary birthplace of Zeus has turned up the skeleton of an unlucky 3,000-year-old teenager. Researchers believe the boy may have been a human sacrifice because of the way he was buried. Ancient writers like Plato describe such rituals. Legends say people who ate the flesh of such hapless chaps would become a wolf for nine years.

GALACTIC TAN

According to a new study in Astrophysical Journal, tentrillionths of the light that hits you when you're sunbathing on the beach comes from distant stars other than our sun.

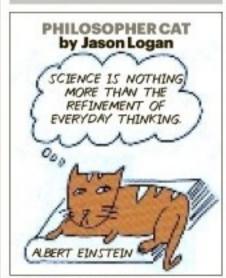


DEFINITION

Homeostasis is the fairly constant internal state (such as a constant body temperature) your body works to maintain despite changing outside factors. Sweating during hot weather helps cool you off and maintain homeostasis.

USE IT IN A SENTENCE

I'm worried about Dorothy messing up her homeostasis and getting heat exhaustion from so much time in the hot tub. Her sweat isn't drying and cooling her off.





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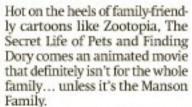


For those who like dirty 'toons

SAUSAGE PARTY

Food porn you won't see on the **Food Network**

Richard Crouse For Metro Canada



The high concept of Seth Ro-

gen's NSFW Sausage Party was, I think, best summed up by twitter user @ByChrisSmith who wrote, "So that Sausage Party trailer... Toy Story for food with swears?"

It's the kind of food porn you won't see on the Food Network. "We started to think 'What if food had feelings?' said Rogen after a sneak preview at the South By Southwest Film Festival. "That really is what inspired

the whole idea. The story begins at a supermarket called Shopwell's. Frank the Sausage (voice of Rogen), his hot dog bun girlfriend Brenda (Kristen Wiig) and all the other foods — including Mr. Grits (Craig Robinson), a tomato (Paul

MOVIE RATINGS by Richard Crouse

Sausage Party HOW RATING WORKS Pete's Dragon Florence Foster Jenkins * WORTHWHILE The Infiltrator UP TO YOU

Hayek) — live in hope that one day a customer will choose them. When they find out what happens after the customer takes them home, however, they fight to avoid their fate.

R-rated and raunchy, Rogen says he showed an early cut to Borat star Sacha Baron Cohen.

Rudd) and Teresa the Taco (Salma "Sausage Party appalled him in some ways," said Rogen, adding that Cohen, cinema's Prince of Provocation, called it "the craziest thing I've ever seen in my

> Someone who might not have been surprised by Sausage Party is Ralph Bakshi, a legendary animator who once said, "You know

it's working if you're making movies you don't want your mother to see."

Bakshi began his career working for Terrytoons, home to cartoon characters like Heckle and Jeckle and Mighty Mouse but left TV to make first animated film to receive an X-rating from the MPAA. Loosely based on a character created by cartoonist Robert Crumb, who later disavowed the film, 1972's Fritz the Cat is a trippy counterculture flick about a streetwise feline who smokes dope and has run-ins with the Hell's Angels and the Black Panthers. Extremely controversial - New York Times critic Vincent Canby wrote, "(There's) something to offend just about everyone" - it became the first independent animated film to gross more than \$100 million at the box office.

More adult animation came with the R-rated Heavy Metal. An anthology made up of eight stories bound together by an intergalactic traveller described as the sum of all evil.

Both Fritz the Cat and Heavy Metal were successful enough to spawn sequels that tried, and failed, to recapture the success of the originals.

When asked if there might be a sequel to Sausage Party, Rogen said, "That would be dope. All we do are franchises now.

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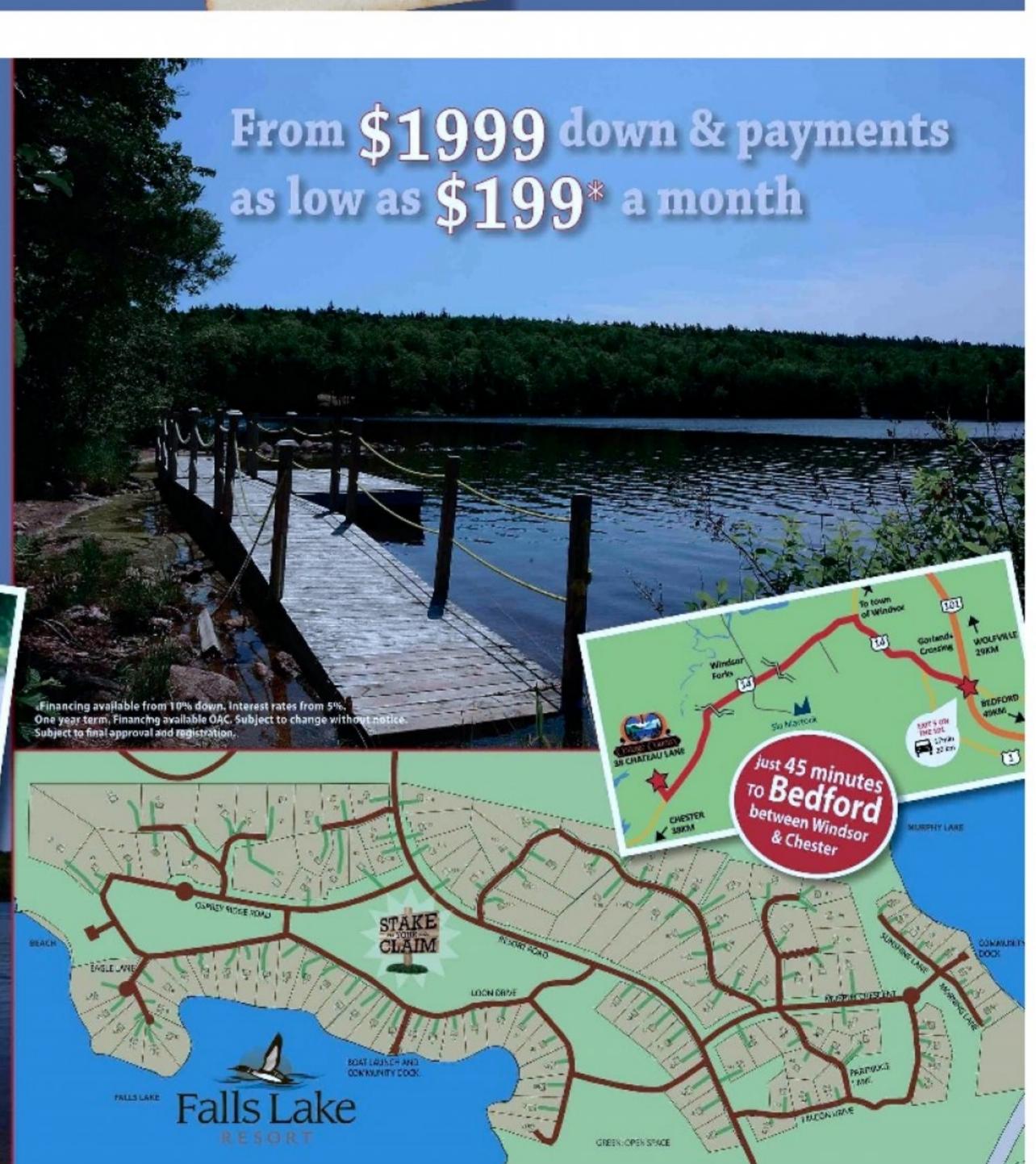
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THE TV DINNER JESSICA ALLEN



It's not often that I get home at 2:45 a.m., remove my bra, settle into the couch with an order of poutine - traditional, obviously and tune up the first Sex and the City movie. But I did last Saturday.

I was at a bachelorette party for a dear friend earlier on. It was good, clean fun - as in a cheese platter and prosecco, rather than strippers - because a couple of weeks before her party the bride-to-be found out that she was pregnant with her second child.

That's why, just before midnight, when one of the six women in our group suggested we go dancing, I was

I was approaching ecstasy: There were no questions, no one to judge me shovelling gravy-soaked fries into my mouth. Then I heard the pitter-patter of little feet.

fairly certain our guest of honour would tenderly touch the miracle of life inside of her and laugh off the suggestion.

But she was game. Before I knew it, we were descending the stairs into El Convento Rico, a club on College Street known for drag queens and Latin music. I was wide-eyed as I watched men grind up behind women. Every time I detected a waft of heavy cologne or saw a silk shirt unbuttoned to the navel revealing thick, gold chains, I tried to get my friends' attention as if to say: Look! This stuff actually exists! It was like being in a waking fairy tale, but hotter, and with a techno-dance version of Justin Bieber's Sorry as our soundtrack.

We stumbled out after last call, and before jumping in a cab, I made a pit stop at Smoke's Poutinerie.

That brings us back to the couch, where I was approach-

THE MOVIE: Sex and the City



THE MEAL: Smoke's Poutinerie



ing ecstasy: There were no questions, no one to judge me shovelling gravy-soaked fries into my mouth. It was alone time, emphasis on alone.

Then I heard the pitterpatter of little feet down the stairs. "You're home!" Simon said, wearing nothing but his underwear and a night guard.

"What are you doing up?" I asked nervously, shielding my poutine like a tigress protecting her cub. "You should

go back to bed."

"Sex and the City! Move over, girl!" Simon said. "But this is my special

time!" I pleaded. "You know, I always felt that they should've played the music from Platoon when Big doesn't show up to his wedding," he said.

"You can stay if you promise to be quiet."

"Did you notice that Carrie is constantly reading a New Yorker?" he said. "You can stop hiding your poutine. I ate an entire bag of Chicago mix popcorn tonight."

I continued eating, with trapidation. "Jennifer Hudson has an ideal body in this movie, if you ask me."

"I didn't."

"That she lost weight after this movie is an American tragedy. Smith Jared's body truly is remarkable, don't you think? Do you think he's related to Jon Bon Jovi? Steve is probably the best character on the show," he paused. "Have you Googled where that Mexican resort is yet? We should stay there," he continued, using my phone for research.

When the movie ended, I brushed my teeth. When I returned to the scene of the couch, Simon had started the second SATC movie. I grabbed the remote and turned it off.

Someone had to show a little restraint.

Jessica Allen is the digital correspondent on CTV's The Social.

NEPTUNE THEATRE PRODUCTION OF 16 - OCT 9, 2016 ALL HALIFAX GEED (A) WELL ALL GETT MUSIC BY ALAN MENKEN LYRICS BY HOWARD ASHMAN & TIM RICE BOOK BY LINDA WOOLVERTON ORIGINALLY DIRECTED BY ROBERT JESS ROTH ORIGINALLY PRODUCED BY DISNEY THEATRICAL PRODUCTIONS

Things to know about the new Pete's Dragon

There's more galumphing Great Dane than scaly mythic beast about endearing Elliot, the massive green-furred winged dragon at the heart of Disney's latest live-action-CGI mix. TORSTAR NEWS SERVICE



It's less corny than the original

Related only in the boy-and-his-dragon concept to the 1977 cornball version, Pete's Dragon is less visually aweinspiring than similarly themed 2016 release The Jungle Book but steadily tugs heartstrings more effectively.



It's emotional

Director David Lowery (Ain't Them Bodies Saints) opens the film on a sombre note, as tragedy separates 5-year-old Pete from his family, leaving him alone in the forest. His encounter with a curious dragon is the first of several scenes that hang on Lowery's ability to convey a child's sense of wonder.



It's set in a simpler time

Lowery sets the film in the '70s, with touch-tone phones and records on the turntable (there's even a few bars of Leonard Cohen's So Long, Marianne), the freedom from digital distractions welcome.

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Anna Gunn, who describes new film Equity as a suspenseful thriller, is rapidly becoming one of the female power players in the industry. SUPPLIED

Gunning for a genre reversal

INTERVIEW

Anna Gunn on why Equity is not Wall Street for women

Steve Gow

For Metro Canada

"I've been waiting for a role like this for many, many years," admitted Anna Gunn while recently discussing her portrayal of a high-powered investment banker in the new thriller Equity.

A progressive film entirely written, produced and directed by female talent, Equity isn't just a Wall Street for women, it's turning the long-traditions of the finance genre-film and flipping it on its head by reversing the roles most-often reserved for money-hungry hunks.

"It's not a chick flick, it's not

a movie just for women," said Gunn.

"It's a taut, suspenseful Wall Street thriller that happens to feature female stars and female characters so it's very refreshing.

"It's important to see this world from the female point-ofview because people think of it as a male-dominated field, which frankly it is," said the 48-year old star. "However, there are also incredibly strong (women in it)."

The Emmy Award-winner points in particular to Barbara Byrne — one of the finance world's top power-players.

To prepare for the movie, Gunn met the legendary investment banker (who also helped fund the feature) and borrowed many of her qualities and personal experiences for the part.

"She really became the template for this character," added Gunn, who insists the more she learned about the female dynamic and history on Wall Street, the more she saw parallels of inequity in the entertainment field as well.

Movies | **metr**#LIFE

"It's the same thing in Hollywood but what I am hopeful and optimistic about is that there are richer roles for women than there has ever been and that's hopefully going to move into the future."

It does seem that the timesthey-are-a-changing slightly in Hollywood.

Although Gunn has been fortunate to land powerful female characters in recent TV shows like Breaking Bad and HBO's classic western Deadwood, the thespian experienced many years of auditioning for mediocre matrons before rising to become one of her own industry's power players.

"There's been a lot of girlfriend roles (or) a woman in jeopardy," laughed Gunn, adding when she didn't get a part she was often told she was 'too sophisticated.'





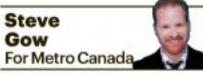
"THE BEST ANIMATED MOVIE OF THE YEAR!" Scott Mantz, Access Hollywood



INTERVIEW

New doc looks at the issues threatening elephants

Gow For Metro Canada



It seems like most causes have their own special commemorative day, but Patricia Sims believed so passionately that elephants deserved their own anniversary she created one.

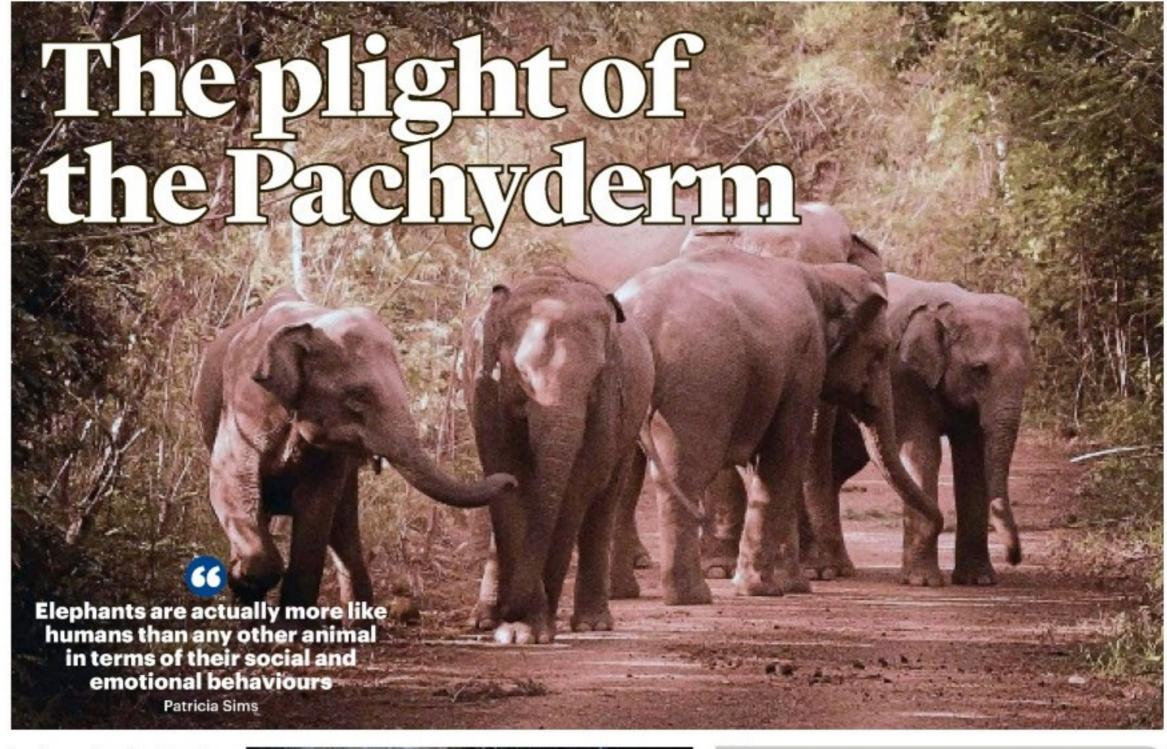
"I guess I've always had a thing for big, interesting, smart animals," laughed the Canadian filmmaker and cofounder of World Elephant Day.

"When I started to learn about all the elephant issues, I felt we needed to consolidate all of that under one umbrella on one day to put everybody's focus towards this reality for elephants (and) ultimately, what it means for us."

Celebrating its fifth year on Friday, Sims is marking the anniversary with the debut of her emotional documentary film When Elephants Were Young - a look at the issues threatening the endangered mammals and, in particular, the bond between a compliant pachyderm and its proprietor in Thailand especially when the mammoth servant gets released back into a wild sanctuary.

"It's a sad story but it has a happy ending," insisted Sims of the film's persuasive presentation of the plight of Asian elephants, said by some to be extinct within 30 years due mainly to loss of habitation. "Not every elephant can go back to the wild obviously (but) at this rate, there just won't be any space for them to live and to exist."

Sims hopes her William Shatner-narrated documentary will be as powerful at building awareness and action as World Elephant Day



has been since its introduction half a decade ago.

In that short span of time, the day of observance has forged partnerships with 100 conservation organizations and continues to enlighten an ever-increasing number of individuals around the world to the many issues accelerating the depletion of the extraordinarily intelligent elephant.

"Elephants are iconic so for many people they define the best of what wildlife and the natural world is (and) they're actually more like humans than any other animal in terms of their social and emotional behaviours," said Sims, adding that her film further highlights that connection between simple



Patricia Sims is the filmmaker behind When Elephants Were Young. CONTRIBUTED

citizens and the gentle giants.

"I think people have become more aware that if we lose elephants, we're going to be next - there's so many similarities."

ELEPHANT FACTS

- The Asian elephant range has shrunk by over 70 per cent in last 50 years.
- There are less than 4,000 elephants remaining in Thailand where over 100,000 roamed at the start of last cen-
- One of three Asian elephants left in the world is a cap-
- Research suggests that captive elephants suffer longterm depression and drastically shortened life spans.
- Elephants are helpful creatures: "Elephants that are reintroduced are not related to each other (yet) they reorganize themselves in a wild family group or social herd," said Sims of the success of reintroducing captive pachyderms to the wild. "I found it amazing that it could happen and that they would help each other - that's the coolest thing." source: WORLDELEPHANTDAY.ORG

R-rated Sausage Party pushes Hollywood's limits yet again

A little less than two years ago, Seth Rogen and Evan Goldberg's North Korea comedy, The Interview, spawned the hack of Sony Pictures and a crisis unlike any previous in Hollywood. The experience hasn't done much to tame them.

In the crudely funny but not crudely animated R-rated comedy Sausage Party, Rogen and Goldberg are again pushing the limits of today's risk-averse Hollywood — and

Sony is still backing them.

"That experience in no way made us more timid, I don't think. If anything, it showed how this (expletive) can really hit the mark in ways that you never imagined it would," says a chuckling Rogen.

"But I would probably think twice before killing a living dictator in one of my films."

No foreign country has lambasted Sausage Party, ("Not yet," notes Rogen). But

the comedy's extreme profanity in a medium most associated with Disney makes Sausage Party an audacious release for any studio, let alone one brought to its knees by a previous film from the duo.

Rogen and Goldberg (cowriters and producers) have been working for nearly a decade on Sausage Party, their own warped version of a Pixar movie, complete with a song by Beauty and the



... I would probably think twice before killing a living dictator in one of my films.

Seth Rogen on whether he would make another film like The Interview

Beast composer Alan Menken.

It's set in a supermarket where food and grocery items believe their salvation lies in being purchased and taken "to the great beyond."

There's some of the exis-

tentialism of their apocalyptic comedy This Is the End and even hints of the political satire of The Interview.

But there's mostly a staggering amount of double entendre (Rogen stars as a hot dog who dreams of uniting with Kristen Wiig's bun), a prolonged orgy scene and even a villainous douche.

"The real problem getting it made was not the talking douche or the graphic sexual stuff or the specific statements that it made," says Goldberg.

"The real thing was: 'Rated-R CG film.' That was the phrase that stopped the studios from making it. There's no model. THE ASSOCIATED PRESS







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Touring Taiwan on two wheels

Stunning rides for every ability level

Mark Stachiew For Metro Canada

Taiwan might be famous for making cheap electronics, but it also happens to be home to Giant, the world's largest bicycle company.

It exports millions of bicycles to every corner of the world each year, but also supplies a thriving local market in a land that is in love with the two-wheel ride.

Thus, visitors to Taiwan can easily explore the country on bike by riding a sprawling network of dedicated paths that caters to cyclists of all abilities. Numerous local operators offer tours that include bike rentals and support vans as well as restaurant and accommodation options that allow tourists to go at their own pace.

Here are some popular cycling itineraries, rated by difficulty, for people interested in discovering this green and pleasant sub-tropical island:

Easy

Take a U-bike in Taipei. Taiwan's capital has an extensive bicycle-sharing network that is a breeze to use. Ride out to Taipei 101 for the best views of the city from the top of an architectural marvel that was for a brief

From taking in tourist sites to taking on Taroko Gorge, Taiwan has a great bike ride for nearly everyone. ALL PHOTOS MARK STACHIEW/FOR METRO time the tallest building in the world. Check out the changing of the guard ceremony at the magnificent Chiang Kai-shek Memorial Hall, or simply meander to any corner of the city that catches your fancy. Unlike some Asian cities, Taipei's traffic is

Ride around Sun Moon Lake. Taiwan's largest lake is one of its most scenic. Sacred to the Thao tribe.

surprisingly civilized and rid-

ing a bike there doesn't feel

like a death wish.

one of Taiwan's indigenous peoples, the lake has long been a popular resort area for Taiwanese. Cyclists can discover the lake's beauty with a 30-kilometre circumnavigation that brings them past magnificent temples and lush forests filled with monkeys, birds and noisy insects.

Medium

Follow the coastal route. Taiwan's Coastal Mountain Range plunges steeply toward the sea. The green sides of the mountains are covered with dense, tropical foliage and their tops are shrouded in low clouds. Cyclists along this route stick close to the water's edge that is lined with craggy rocks and grey sand. It is part of Cycling Route #1, a path that circles the entire island of Taiwan and is a popular goal for Taiwanese cyclists that can be completed in about two weeks.

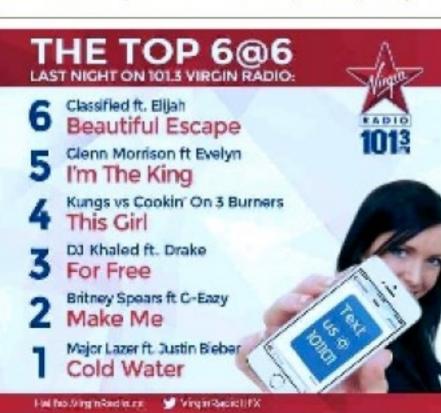
Discover the Huatang Valley

This inland route lies in a valley between two mountain ranges. Most of the ride is flat, but there are some long, gradual hills that can be tiring over long distances, but riders are rewarded when they go downhill. Much of the route rides past a quilted landscape of rice paddies. They are beautifully green most of the year and turn to gold come harvest time.

Difficult

Challenge the King of the Mountain. Every October, cyclists from around the world compete in Taiwan's most challenging cycling event, the King of the Mountain. Cyclists ride a stunningly scenic 105-kilometre route of switchbacks and hairpin curves that take them from sea level to 3,275 metres, high in the thin air of the mountains of the country's beautiful Taroko National Park.







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NEWFOUNDLAND

Gros Morne National Park has something for everyone

Amanda Nunes For Metro Canada

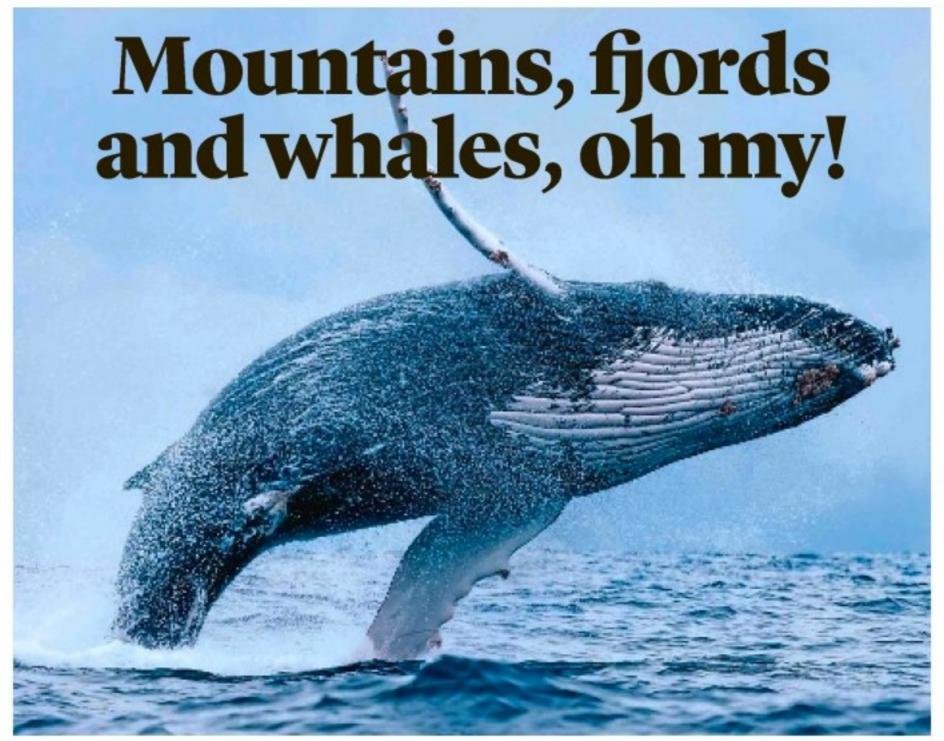
Until you arrive in Gros Morne National Park, it's hard to comprehend just how beautiful it is. Located in Western Newfoundland, it's the second largest national park in Atlantic Canada, so you'll want to give yourself plenty of time to explore all this UNESCO World Heritage site has to offer.

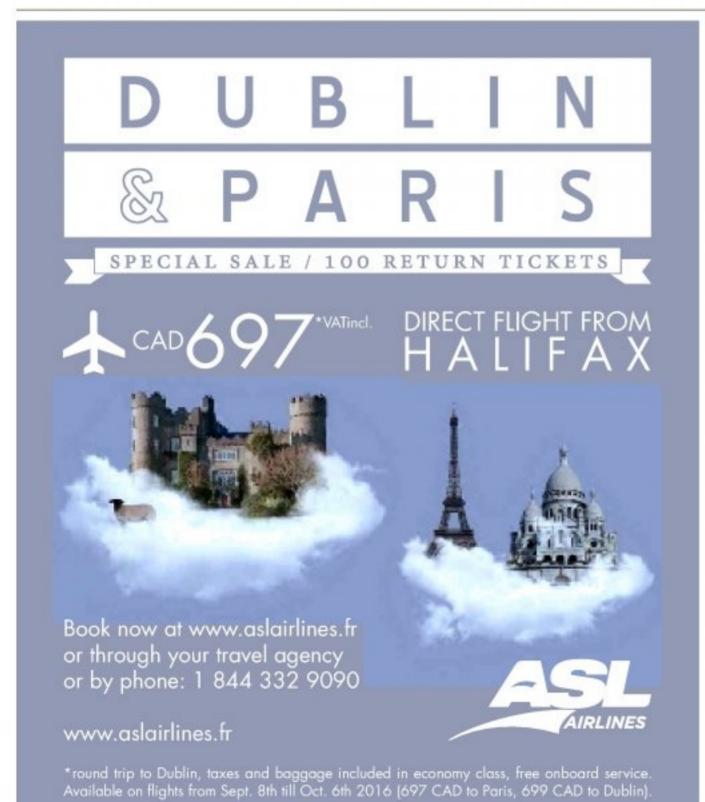
Visit the Tablelands

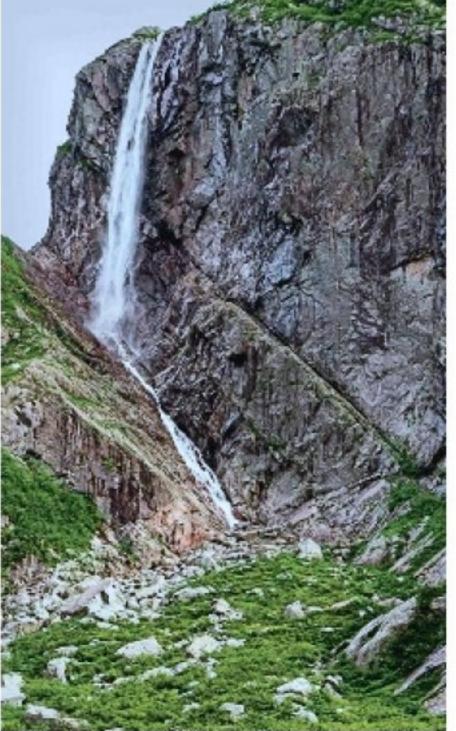
One of the first things that you notice as you enter the park are the lush green rolling hills and what look like flat, yellow mountains, but are actually slabs of ancient ocean floor, making this one of the best places to walk upon the Earth's mantle. Join a daily guided hike, or trek up the steep cliffs on a self-guided hike for unparalleled vistas.

Go tide pooling at Lobster Cove Head

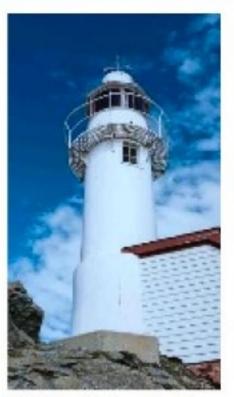
Take a coastal walk along rocky







Newfoundland's Gros Morne National Park is full of natural beauty even if the names aren't quite as elegant, like Pissing Mare Falls. ISTOCK



No trip to Newfoundland is complete without a lighthouse. ISTOCK

shoreline when the tide goes out. Stop and visit Lobster Cove Head Lighthouse on your way down to the shore.

This lighthouse was constructed in 1897 and is now fully automated. Inside visitors can explore an interpretive exhibit filled with artifacts and photographs.

Twice weekly, Parks Canada leads guided tide pool walks. If the tide is in, keep your eyes peeled for whales as they've been known to frequent the area.

Take a boat ride through former fjords

The 30-45 minute walk to get to the Western Brook Pond boat launch is more than worth it.

A highlight of Gros Morne, the narrated boat cruise takes you through spectacular views of soaring emerald green fjords and dark blue water.

Waterfalls with colourful names (Pissing Mare falls, for instance) tumble off glacier carved cliff sides that soar up to 2,000 feet (600 m).

These rock formations are now known as landlocked former fjords because they now consist of fresh water instead of salt.

Want to get closer? Experienced hikers can climb these billion-year-old cliffs or camp overnight alongside them.

Visit Coastal Towns

Woody Point and Norris Point are separated by Bonne Bay.

Visitors to Woody Point can stay in a comfortable sea side suite with beautiful views of Bonne Bay at Bonne Bay Inn's Over Water Suites.

For dinner, head to the Old Loft Restaurant for a home cooked meal and traditional Newfoundland cod cakes.

On the other side of the bay at Norris Point, the Bonne Bay Boat Tour will take you on a harbour tour.

If you're lucky, you can see humpback whales, minke whales and seabirds, while listening to traditional Newfoundland tunes.

HISTORICAL TRIP THE JAILED-WITCH PROJECT

Archeologists have unearthed a witch prison beneath the Church of St. Nicholas, one of the largest and most prestigious burgh churches in Scotland. The discovery offers a gruesome glimpse into the city of Aberdeen's unsettling past over 600 years ago. MICHAEL ROBINSON/FOR TORSTAR NEWS SERVICE



Alleged love spell

Isobel Strathanchyn was accused of casting a marriage spell by telling a woman named Elspet Mutray to hang a cloth containing a bent penny and wax around her neck, "and when she saw the man she loved . . . stroke her face thereafter, and she so doing should attain to the marriage of the man whom she loved the best, and the said Elspet, understanding that the said direction to her was plain witchcraft and devilry, she cast the cloth in the fire, which had almost burned all her house, and this you cannot deny."



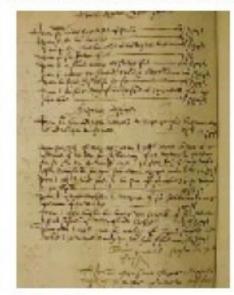
Wallsof bone and stone

During the church's major excavation the remains of over 2,000 people have been found. (The church's grounds have been used as a graveyard for nearly a century.) Archeologists also uncovered bone fragments and skulls tucked away within the stone walls of an earlier church underneath the existing building.



3 The witch ring

Protruding five centimetres from a wall on the church's ancient grounds is the most conspicuous proof of the former prison's existence: An iron ring. Aberdeen's meticulous justiciary records reference such a ring, which researchers surmise was installed for the sole purpose of shackling witches.



According to records in the City of Aberdeen Archives, several items were purchased to carry out Isobel Strathanchyn's execution in March that same year. Treasurer's accounts list four tar barrels, a stake, 36 feet of tow (rope), and 26 "loads" of peat or fuel. Europe's "witchcraft craze" would eventually reach North America, including the 17th-century witch trials.



Signing off

The witches' executions were signed off by the Provost of the day, one Alexander Rutherford. A large civic pew, with Alexander Rutherford's name and dated 1606 is in the church. He was Provost on many occasions during his life.



SPONSORED CONTENT

SEASIDE RESIDENCE THE KILLICK IS NOW OPEN

Dartmouth's newest rental building, the Killick, is now ready for occupancy. In fact, many new residents have already moved in and are living life by the sea in King's Wharf, one of Halifax's most modern and sophisticated developments.

The Killick is the fourth building in a project that has changed the Dartmouth landscape, reinvigorating the community and reigniting interest in the downtown core.

With stunning views, contemporary interior design, floor-to-ceiling windows, six stainless steel appliances and ensuite baths, renting at the Killick means living life in luxury - without luxury prices.

Starting at \$1,395/month, the units feature natural gas heat, air conditioning and balconies to take advantage of the location's scenery. The Killick's amenities don't stop there: indoor parking and storage, a guest suite, fitness room and social room (with amazing views of Dartmouth Cove) are some of the other perks. Right now, those who lease can take advantage a one-year Eastlink Internet service offer at no charge.

A mere 400 metres to the public ferry and



CONTRIBUTED

less than a 10 minute drive to the downtown Halifax core, King's Wharf is within walking distance to all amenities and services in Downtown Dartmouth.

It's also near several bus routes and, during the spring, summer and early fall, a Harbour Water Taxi service runs out of the community's own marina. Coming soon is the Marche Fruit Boutique, King's Wharf's own upscale convenience market that will be located in the first floor of the Killick. Call Aimee at 902-407-6000 or visit thekillick.ca to find out more.



Rio gold medals are plated with just six grams of the expensive stuff, the rest — 494 grams — is 92.5 per cent purity silver





RYAN REMIORZ/THE CANADIAN PRESS

Midas touch — American Michael Phelps won the men's 200-metre individual medley to collect his 22nd career Olympic gold medal and fourth of the Games.

RICHARD HEATHCOTE/GETTY IMAGES



Penny Oleksiak reacts after tying for the gold medal in Thursday night's women's 100-metre freestyle in Rio de Janeiro, Brazil. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Penny strikes it rich with glorious gold

RIO2016

Teenager adds fourth medal with stunning tied triumph

Teen swimming sensation Penny Oleksiak tied for gold in the women's 100-metre freestyle on Thursday at the Rio Olympics.

The 16-year-old Toronto native finished in an Olympic record time of 52.70 seconds with American Simone Manuel. Sarah Sjostrom of Sweden captured bronze in 52.99 seconds.

The gold was won in the final quarter of the 100-metre sprint. Oleksiak pushed to a furious finish to touch the wall at the same time as Manuel.

Oleksiak, now the young-

est ever Summer Games gold medalist for Canada, looked up in disbelief as her time and position flashed on the scoreboard in Rio.

The teenager becomes the first Canadian swimmer to win four medals in a single Summer Games. She had previously won two relay bronze medals and a silver in the 100-metre butterfly.

"Honestly, I don't think anything's changed other than having so much support from Canadians," Oleksiak told CBC in a post-race interview about how her life has turned upside down since the Olympics began. "I'm just looking forward to going home and seeing everyone."

It was the first time a Canadian woman competed in the 100-metre freestyle since Marion Lay finished fourth in Mexico City in 1968.

THE CANADIAN PRESS

RIO in brief

Police vehicle sprayed with bullets, officer hit

Pervasive violence is an everyday part of Rio, and a police officer was hospitalized after getting shot in the head when he and two others got lost near a slum.

The officers from Brazil's national security force who were sent to Rio for the Olympics relied on a GPS device to navigate unfamiliar streets Wednesday afternoon, but they took a wrong turn off a highway leading to Rio's international airport. Their truck was sprayed with bullets, and officer Helio Vieira was shot. THE ASSOCIATED PRESS

Venus still in the hunt for her fifth gold medal

Venus Williams' Rio Olympics is still going just barely.

Upset in the first round in singles and doubles while battling a virus, the fourtime gold medallist was a late entrant into mixed doubles. She and American teammate Rajeev Ram faced two match points Thursday and saved both in rallying from a set down for a 6-7 (4), 7-6 (3), 10-8 tiebreak win over Kiki Bertens and Jean-Julien Rojer of the Netherlands.

The U.S. duo moves on to Friday's quarter-finals. THE ASSOCIATED PRESS

GYMNASTICS

Black's result makes Canadian history



Kristen Lipscombe Metro | Halifax

Despite not managing to medal, Halifax gymnast Ellie Black was still "beaming" Thursday evening after making history in Rio.

Black, 20, claimed fifth place in the individual all-around women's artistic gymnastics competition, the highest rank ever for a Canadian at the Olympics.

The satisfying result came after a rough start, who came in 13th in the qualifying round last Sunday. She took a tumble on the balance beam, usually one of her best routines, and failed to make the finals for any of the apparatus finals.

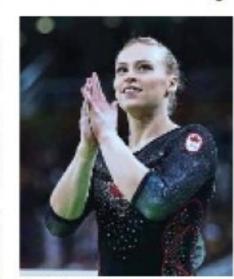
But Thursday held a different story for Black, who shone on the beam with only a small stumble on her landing and a solid score of 14.566.

She also had strong performances in her other three routines, notching a 14.366 on the floor, 14.500 on uneven bars and 14.866 on the vault, her strongest event of the day.

"I'm super pleased with what I was able to accomplish," Black said Thursday night in a Gymnastics Canada news release.

"To be ranked fifth in the world, I mean it's just a number, but I think it was more about going out there and showing the gymnastics (world) what we could do."

Americans Simone Biles and Aly Raisman won the gold and silver medals, respectively, while Russian Aliya Mustafina grabbed the bronze medal.



Ellie Black GETTY IMAGES

Lights, camera ... action

Top pick Goff getting showbiz crash course in Los Angeles

No matter when Jared Goff relieves starting quarterback Case Keenum or how much the rookie plays, he will be the focal point of the Los Angeles Rams' pre-season opener Saturday.

The No. 1 overall pick in the 2016 draft got a preview of what kind of attention he can expect going forward from the season premiere of Hard Knocks, the HBO documentary series that follows life in an NFL training camp. Goff was shown taking a ride on the Goodyear Blimp, buying electric fans so offensive players could stay cool in their dorm rooms at UC Irvine, adjusting to a pro-style scheme, and not remembering where exactly the sun rises.

Goff said Thurs-MINUTES day he hasn't CRUNCH heard back Coach Fisher hasn't from Taylor divvied up playing time Swift after just yet, but indicated his interest starters would likely play in the pop two or three series before exiting. A handful of players star became might not make their pretelevision fodder, but is season debut until hearing about Week 2, he added. his sunrise gaffe.

"Got a lot of grief from my friends and stuff, but I thought it was funny," Goff said. "I know it is a TV show and they are trying to make a story line whatever



No. 1 pick Jared Goff is expected to take his first in-game NFL snaps this weekend when the Los Angeles Rams take on the Dallas Cowboys. MATT MASIN/THE ORANGE COUNTY REGISTER VIA THE ASSOCIATED PRESS

that may be. That doesn't bother me. I think it's funny and I think it's cool, something I can probably watch for years to come." Everything Goff has

done during training camp has drawn plenty of interest.

Goff's media availability attracted more than a dozen reporters Thursday, while Keenum spoke to less than half that number on Monday. While he has been taking snaps with the first team offence in closed walkthroughs, Goff's first public work with the starters in a twominute drill on Tuesday resulted in a barrage of questions for coach Jeff Fisher and offensive co-ordinator Rob Boras.

That interest will only intensify, but Goff said he isn't paying heed to the overwhelming attention from fans and media.

"Whatever you guys say, take it with a grain of salt. It doesn't mean much to me," Goff said. "I don't read anything. I don't look at anything. I just try to do my best every day out here and get better and do the best I can."

Goff said he believes the tempo of practice and quality of the Rams' defence has him prepared for his first NFL action. He expects to treat it like every other game he has played in, though there will be one notable difference as he will be coming off the

bench. Goff, a three-year starter at California, didn't remember the last time he did not take the first snap in a game.

"In football, I don't know," Goff said.

Goff didn't know how much he would play against the Dallas Cowboys either.

"I'll go in whenever they tell me to go in and go out wherever they tell me to go out," Goff said, "I don't think that is up to me."

THE ASSOCIATED PRESS

Roy ends tenure with Avs

Patrick Roy is leaving the Colorado Avalanche.

The club's head coach and vice president of hockey operations announced his decision to resign in a lengthy statement on Thursday that suggested discord with the organization.

Roy's vision for the club, he said, needed to be "perfectly aligned with that of the organization", adding that he must have "say in the decisions that impact the team's performance."

"These conditions are not currently met," Roy

concluded. And therefore, his tenure with the Avalanche

was over. Roy was mostly ineffective in his Patrick Roy role as the Ava- getty images

lanche's some-

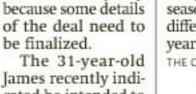
times controversial head coach. The club qualified for the postseason once in his three seasons, missing out in each of the past two campaigns.

The Avs were often levelled in the puck possession game despite having a number of young skilled players. Colorado typically forced its goaltenders, mostly Semyon Varlamov, to contend with a heavy shot count each night. The club allowed 32.3 shots per game last year, the third-worst mark in hockey.

Colorado has an incredible amount of young skill including 25-year-old speedster Matt Duchene, who produced 30 goals for the first time last season, 20-year-old Cole Harbour native Nathan MacKinnon (52 points last season), 23-year-old captain Gabriel Landeskog (three straight 20-goal seasons) and 24-year-old offensive whiz on defence, Tyson Barrie (25 goals, 102 points over the last two seasons).

Still, the Avalanche missed the playoffs by five points last season (boasting a minus-24 goal differential) and nine points one year earlier (minus-eight).

THE CANADIAN PRESS



The 31-year-old James recently indicated he intended to re-sign with Cleveland, but was ex-

be finalized.

returning to Cleveland.

Chargers to lose Johnson for 2016

San Diego Chargers wide receiver Stevie Johnson will miss the season with a knee injury, coach Mike McCoy confirmed Thursday.

Johnson hurt his right knee during the second practice of training camp while getting up to run downfield after making a diving catch. The nine-year pro underwent surgery Tuesday and was told Wednesday that his season was done.

"It's an unfortunate situation," McCoy said after prac-



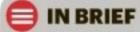
Stevie Johnson

tice. "I had a great conversation with Stevie last night and for what happened, he had a great mindset."

Johnson, who's GETTY IMAGES often used as

a slot receiver, missed six games last year with hamstring and groin issues. He had 45 catches for three touchdowns and 497 yards.

THE ASSOCIATED PRESS



Brady sits out Patriots' pre-season opener

Quarterback Tom Brady has been excused from the Patriots' preseason opener against the Saints to attend the memorial services of a family member.

The team made the announcement prior to Thursday night's game.

Brady has been suspended by the league for the first four games of the regular season for his role the "Deflategate" Case. THE ASSOCIATED PRESS

LeBron agrees to 3-year deal: Source

A person familiar with the con- day on condition of anonymity

tract says superstar LeBron James has agreed to a threeyear, \$100 million contract with the Cleveland Cavaliers.

The person says James, who recently led the Cavs to an NBA title — the first for a Cleveland sport

team in 52 years — will soon sign the deal. The person spoke to the Associated Press Thurs-

LeBron James' reported salary in a new three-

\$100M

year deal.

pected to accept the same one-year deal he signed in each of his two previous seasons since

THE ASSOCIATED PRESS



Though it saddens me, I have put much thought about this decision.

Patrick Roy

34 Weekend, August 12-14, 2016 metr#sports

Jays hoping for joy of six

GM backing his rotation plan but Sanchez is still a concern

As counterintuitive as it seems, Blue Jays general manager Ross Atkins believes that the longer the team keeps going with a six-man rotation, that things are going well.

He feels that there are factors that would end the six-man experiment and none of them are good, so if the Jays are still using six starting pitchers into September, it means they will likely have survived the dog days of August and will be in the AL East and American League playoff mix.

"We see it as a positive, we really do, at this time of the year," Atkins said

"The reason that the five-man vs. six-man rotation gets a lot of attention is because it's not typical. That's fair and that's why we walked through all of our alternatives. But as we looked at the rotations and looked at SAWSUNG SAMSUNG

The Blue Jays' six-man rotation including, from left, Marco Estrada, Marcus Stroman, Aaron Sanchez and J.A. Happ is still a work in progress. THE CANADIAN PRESS FILE

how it would impact each starter and then thought about our bullpen, thought about the optionable relievers, we felt like we had enough (bullpen) depth and enough flexibility to adjust when we had to adjust. If we don't have to adjust, that would be a very good outcome, because that would mean that everyone was performing and healthy."

Of course the big question is why, after being involved in trade deadline discussions for 19 starting pitchers (his own

It wasn't that we have to have a starter. It was how do we make our team deeper?

Ross Atkins

estimate) and after obtaining a workhorse, Francisco Liriano from the Pirates, and after insisting Aaron Sanchez transition to the 'pen would begin, why

they changed their mind? Is it

because the trade deadline was

too early and they felt Sanchez

still had starting bullets left? "We were also in on well over 20 relievers," Atkins countered. "We were looking to acquire pitching. It had to be on the ma-

jor-league team. We were looking to build depth in pitching.

"It was an opportunity that we felt good about that added depth. It's really hard to say what will transpire with the rotation. I think the players will dictate that."

The problem with believing that the six-man rotation will solve the problem of excess Sanchez innings is that it won't really, especially if the Jays go deep into October. If manager John Gibbons continues to roll through the rotation of six guys, Sanchez would still log seven more starts.

Given his average, he'd accumulate 49 more innings, adding up to 194 in the regular season. Then if they went to the World Series, that would be six more Sanchez starts, giving him 235-240 innings.

"We'll be creative there, it's not just off-days, but potentially skipping starts," Atkins said. "There's a lot of things we can do. Really it came down to, there was more rationale pointing towards doing (a six-man) then there was rationale pointing to just do what everyone else has always done." TORSTAR NEWS SERVICE

MORE BASEBALL

ORIOLES 9, A'S 6

Mark Trumbo hit a grand slam for his leagueleading 32nd homer to help Baltimore beat the Oakland Athletics 9-6 on Thursday, Chris Tillman (15-4) allowed two runs over seven innings. He's Baltimore's first 15-game winner since Bud Norris and Wei-Yin Chen in 2014. THE ASSOCIATED PRESS

ASTROS 15, TWINS 7

Major league batting leader Jose Altuve got four hits, drove in three runs and scored three, sending the Houston Astros past the Minnesota Twins 15-7 Thursday in the first game of a doubleheader. THE ASSOCIATED PRESS

RANGERS 9, ROCKIES 12

Pinch-hitter Carlos Gonzalez delivered a bases-clearing double that capped a five-run rally in the eighth and the Colorado Rockies beat the Texas Rangers 12-9 Thursday. After David Dahl drew a bases-loaded walk from Matt Bush to tie it at 9, Gonzalez doubled. THE ASSOCIATED PRESS

A-Rod's final bill: \$317,368,852

By the time Alex Rodriguez collects his last payment as a player from the Yankees next year, he will have received \$317,368,852 from New York, according to a review of his contracts.

Luxury tax caused by his deal totalled an additional \$132 million through this year, although the Yankees could have spent more money on other players had A-Rod not been on the roster.

Was it worth it, given that the Yankees have won one

World Series title during his years in pinstripes?

"One individual is not responsible for winning only one world Alex championship, Rodriguez because that's associated

part of the team PRESS effort," general manager Brian Cashman said Wednesday. "He had a big piece of that success and in most cases more so than most."

New York acquired Rod-

riguez from Texas in February 2004 for infielder Alfonso Soriano. In all, Rodriguez will earn about \$448 million as a player, including \$119 million from Texas and about \$12 million from Seattle.

"The trade with Texas was a tremendous move," Cashman said. "We added one of the game's greatest players at a discounted price because there were considerable offsets of salary, and we got a lot of production from him for quite some time." THE ASSOCIATED PRESS

Ranieri takes alien approach

Leicester manager Claudio Ranieri believes it will be "impossible" for his team to retain the English Premier League title, saying Thursday it's more likely that "ET comes to Piccadilly Circus."

The team from central England produced one of the greatest-ever underdog stories in sports by winning the league, at pre-season odds of 5,000-1.

Speaking ahead of the first game of Leicester's title defence, Ranieri said the British bookmakers' odds on his

team this season should be "6,000-1."

"It's more difficult than last season — it's easier that ET comes to Claudio Piccadilly Circus," Ranieri the Italian coach GETTY IMAGES said, referring to

the alien from the 1982 Hollywood movie.

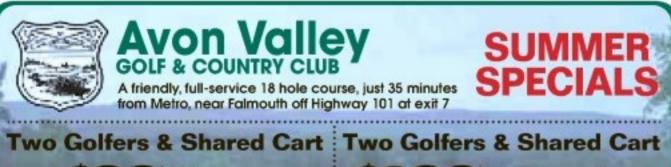
Ranieri said "all the world is curious what will happen with Leicester."

"Of course, the big teams are

ready to fight for the title, we are ready to defend our title, but we know it is a difficult gap. Last season we made something unbelievable," Ranieri said. "But now the big teams will come back, I am sure."

Leicester begins the season away to Hull on Saturday, having retained all of its major players over the off-season except N'Golo Kante. The France midfielder joined Chelsea for a reported 30 million pounds (\$40 million).

THE ASSOCIATED PRESS



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IN BRIEF

Swans smash transfer mark

Swansea has become the latest Premier League club to break its transfer record this off-season, signing striker Borja Baston from Atletico Madrid for \$20 million.

Manchester United, West Ham, Bournemouth and Crystal Palace have also brought in players for clubrecord fees. The 23-yearold Baston, who has been capped by Spain at youth level, is the second Spanish striker to join Swansea this week after Fernando Llorente. THE ASSOCIATED PRESS

Lots of clicking, no typing

A new NCAA rule change is catching some recruits by surprise while causing coaches to debate how much time they should spend on social media.

Under the change last week, athletic department staff are allowed to retweet or show their approval of social media posts made by recruits. The change has been nicknamed "Click, Don't Type" because coaches still aren't allowed to add any sort of comment to a recruit's post.

THE ASSOCIATED PRESS

Wimbledon 'poison' probe

Detectives are investigating allegations that a British tennis player at Wimbledon was poisoned, after she fell ill with a bacterial infection that can be spread through rat urine.

Gabriella Taylor was playing in Wimbledon's junior tournament when she became sick on July 6 and had to drop out. Her family says she was hospitalized in intensive care and diagnosed with leptospirosis, a bacterial infection spread by animals. THE ASSOCIATED PRESS

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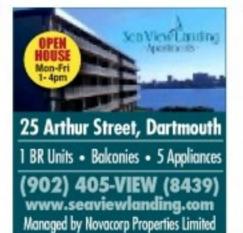
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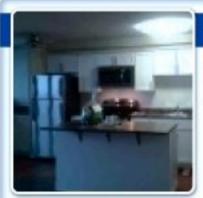
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Ceri Marsh & Laura Keogh For Metro Canada

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Prep time:10 minutes Makes 4 large waffles

Ingredients

- · 2 cups spelt flour
- · 2 tsp baking powder
- · 1/4 tsp salt
- · pinch of allspice
- · 11/3 cups milk
- 2 eggs 2 eggs

- · 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup sweet potato puree
- 1/4 cup fresh blueberries

Directions

- 1. Preheat your waffle iron.
- 2. In a large mixing bowl, whisk flour, baking powder, salt and allspice. Stir in 2/3 cup milk, eggs, oil and maple syrup. Mix in sweet potato and then fold in the blueberries.
- 3. Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

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ACROSS 1. RIO 2016: Swimmer's head covering 4. __ Sketch 9. Borders on 14. Kilos alternatives Actress Lindsay 16. Valleys 17. RIO 2016: Aphrodite or Athena, in ancient Greek mythology: 2 wds. 20. Toy company Psychedelic†drug 22. Director Sidney 23. RIO 2016: Equestrian stars 25. Here: French 26. Tic-Tac-Toe win 28. Possesses 29. Travel _ (Trip planners) 32. RIO 2016: Like the in-the-pool swimmer: 2 wds. 34. RIO 2016: Athlete's story 35. Deanna _ (Counselor on Star Trek: The Next Generation) 37. Fauna's friend 38. O Meridian letters 39. RIO 2016: Points in Soccer 40. Greenish hue 41. Irritate 42. Witty remark: 2 wds. 43. Method 45. _ culpa!

46. Bottom-of-let-

48. "__ the high-

ter letters

47. Rocky hill

est bidder!"

14 15 18 17 18 18 20 22 26 23 24 26 27 28 28 30 32 33 34 35 36 37 38 36 42 43 44 45 46 47 48 49 52 53 54 55 58 59 60 61 63 64

50. Frigid 52. RIO 2016: American Samoa, IOC-style 53. RIO 2016: Gymnastics legend Ms. Korbut 56. RIO 2016: One of a Heptathlete's skills: 2 wds.

59. "That's _ " by Dean Martin 60. RIO 2016: "O Canada! Terre de nos _..." 61. Hebrides 'no' 62. 'Wilde' tail (Gnu) 63. "___ Fine" by The Chiffons 64. Meadow mom

DOWN

1. Curdle 2. Competently 3. RIO 2016: Sports _(Training component)

4. Rock supergr. 5. Strives/works for: 2 wds. 6. RIO 2016: Runs the ball or baton 8. RIO 2016: IOC code for Luanda's country 9. Cite, as evidence 10. RIO 2016: Racket sport

ing cube

keeper 12. Quiz 13. "Jaws" (1975) director's initials-sharers 18. Cow's sound 19. 'Few'-meaning prefix 24. Ostrich-like bird 26. Lummoxes 27. Earthenware pots 29. River islet 30. RIO 2016: Sport for Canada's flag bearer Rosie MacLennan 31. Arias 33. RIO 2016: Some athletes 34. RIO 2016: Cycling___ 36. 'Special' suffixes 38. Emerald 39. Prod 41. Rigoletto opera composer 42. RIO 2016: BLR is its IOC code 44. Loo 45. Dances, at a '90s concert 48. Composer/ pianist Erik 49. Haul 50. RIO 2016: Team match-up 51. RIO 2016: "Yippee!" in ancient Greece 54. Chew James _ (Pulitzerwinning writer) 56. RIO 2016: Boxing blow 57. "Nope." 58. Soup flavour-

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 Sudden changes to travel plans are likely. You might meet someone from far away or be surprised to encounter someone from another culture or a different country. Likewise, legal decisions will be unexpected.

Taurus April 21 - May 21 Check your bank account for something unexpected: shared property, taxes, debt, inheritances and wills. Make sure you know what's happening.

Gemini May 22 - June 21 A partner or close friend might throw you for a loop today by doing something you least expect. Someone might demand more freedom in the relationship.

Cancer June 22 - July 23 Interruptions to your work are likely. (Computer crashes, equipment breakdowns, staff shortages and canceled meetings are just some examples.) Allow extra time to cope with this.

Leo July 24 - Aug. 23 A surprise invitation to a vacation or a social event might come your way today. Children might be the source of a surprise. Ditto for sports.

Virgo Aug. 24 - Sept. 23 Something to do with your home routine will change today. Perhaps small appliances break down or minor breakages will occur. Perhaps unexpected company arrives.

Libra Sept. 24 - Oct. 23 Your mind is racing today, because it's full of ideas that you want to share with others - especially siblings, relatives and daily contacts. It's easy to think out

Scorpio Oct. 24 - Nov. 22 Today you might find money; you might lose money; you might lose an item or you might find something that was lost. Count your change and check your bills.

Sagittarius Nov. 23 - Dec. 21 You feel independent and confident today. You also feel ambitious, which is why you might do something different or spontaneously take a new direction.

Capricorn Dec. 22 - Jan. 20 An unexpected secret might come out today because something related to a hidden matter will surprise you. Or you might make a breakthrough in a research project.

Aquarius Jan. 21 - Feb. 19 You love characters! Today is a classic type of day to meet someone who is unusual and different. However, someone you already know might amaze you in a weird way.

H Pisces

Feb. 20 - March 20 You might be surprised or caught off guard when talking to parents and bosses today. Someone might suggest something that ultimately gives you more freedom.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

11. Movie bee-

after a ball

7. RIO 2016: Passes

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